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IN WHICH KYLE'S LIFE DECISIONS MAKE SHANNON CRY PAGE 10

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University of Manitoba architecture student Evan Taylor takes a picture with fellow SKYBOX warming hut creators Ryan Lewis, above, and Matt Hagen. SKYBOX is one of six huts that will be built in January 2014 for the skating trail. BERNICE PONTANILLA/METRO

The diversity is so hut-warming

The Forks. After nearly 200 submissions from all over the world, the Canadian designs come out on top

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Giant blankets, pants and Métis sashes, a touch of social media and pool noodles attached to an igloo have been chosen for this winter's warming huts at The Forks.

Construction of the popular huts, which are built along the river skating trail, start in January and, weather permitting, all will be on the river by the third week of that month.

Peter Hargraves, Warming Huts project manager, said a blind jury chose five entries from nearly 200 submissions from around the globe and the winners are all Canadian, with two from Winnipeg.

SKYBOX, designed by University of Manitoba students Matt Hagen, Evan Taylor and Ryan Lewis, aims to reflect the Prairie sky with the use of reflective materials.

The trio said that an important aspect of their design — believed to be a first — is the incorporation of social media, by asking people to take pictures in the hut and put them on Twitter and Instagram with the hashtag #skybox.

The 45th anniversary of Le Festival du Voyageur will be celebrated with Voyageur Hut, designed by Manitoba architect Etienne Gaboury.

It features a pair of upside-down pants with a Métis sash on the tops that will be tethered to two helium-filled balloons: one of a voyageur carrying a canoe and another of a floral design.

A sixth warming hut will be designed by Kelvin High School students.

Other designs

- Windshield by Vancouver mother-daughter duo Kate Busby and Bella Totino is a five-metre-tall wind vane that will rotate to protect occupants from the wind.
- Red Blanket by Toronto's Workshop Architecture Inc. is not so much a hut, but panels of red wool that will hang from one of the bridges.
- NUZZLES by Raw Design Inc. of Toronto is an igloo-type structure with foam bristles that resembles a gigantic Chia Pet.
- See all the designs at metronews.ca/winnipeg

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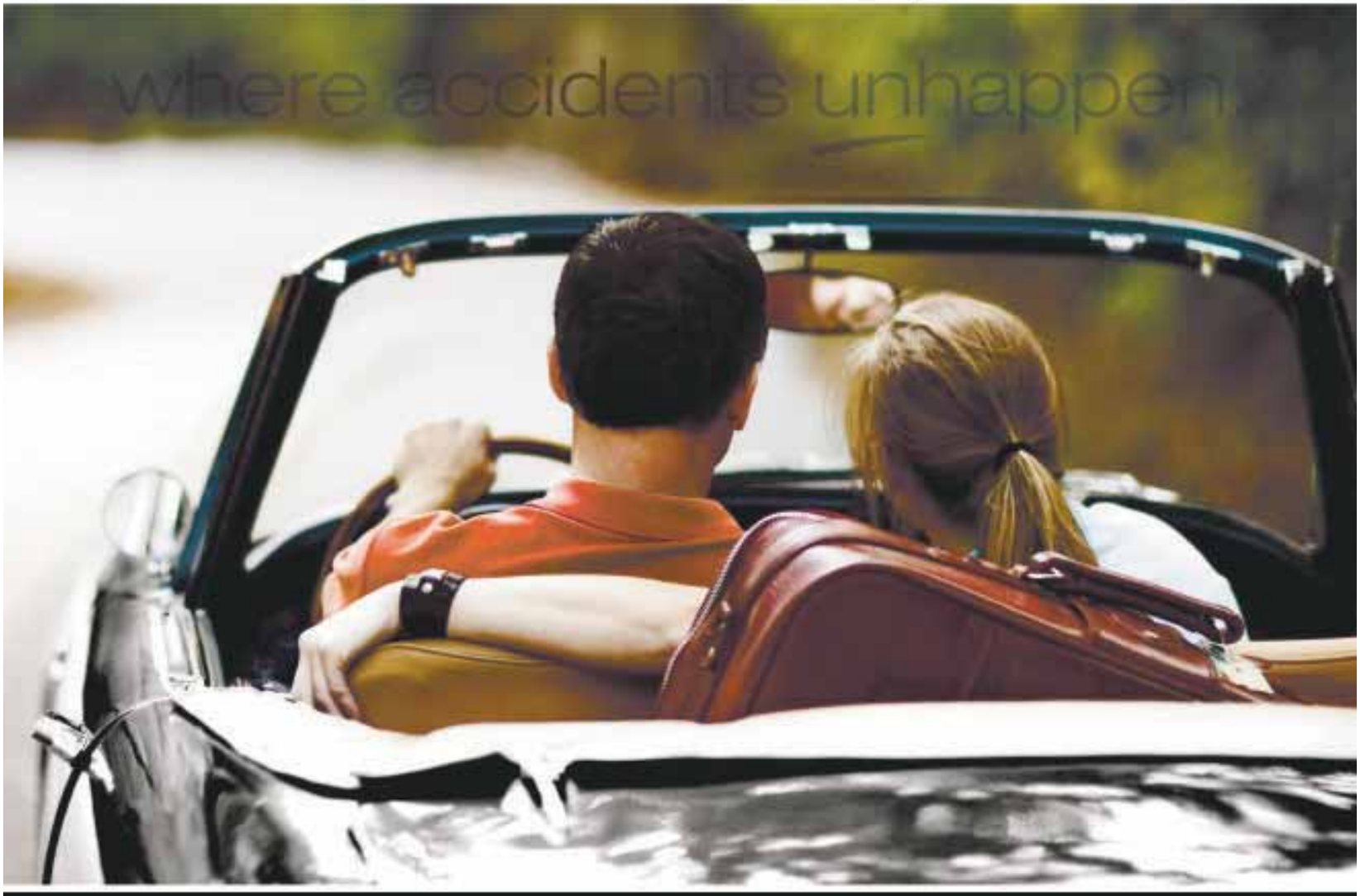

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Bodybuilder charged with steroid trafficking

Border security. Owner of X2X Clothing Canada allegedly brought drugs into Canada

Jason Mark Eggleston, 37, of Winnipeg, has been charged for allegedly bringing anabolic steroids into Canada. COURTESY FACEBOOK

A Winnipeg bodybuilder with his own workout clothing company is facing charges after the Canadian Border Services Agency (CBSA) alleges he was at the centre of a steroid importation ring.

Jason Mark Eggleston, 37, is facing five charges under the Customs Act, the Criminal Code, and the Controlled Drugs and Substances Act for allegedly bringing anabolic steroids, and their derivatives, into Canada for the purpose of trafficking.

"Smuggling and importing controlled substances is a criminal offence, and the CBSA takes this issue very seriously," says Lauren Delgaty, regional director general for the prairie region. "The CBSA will investigate and prosecute those engaging in illegal cross-border activity to the full extent of the law."

The charges have not been proven in court, and Eggleston is presumed innocent.

A Facebook page under Eggleston's name identifies him as the president and owner of X2X Clothing Canada, a workout clothing company started in 2011.

Eggleston's first court appearance is scheduled for Jan. 13, 2014. METRO

Growth. Province announces plan for part of Perimeter Highway

The province announced a five-year, $200 million plan to start rebuilding the southwest portion of Winnipeg's Perimeter Highway Tuesday.

Premier Greg Selinger said the plan would both support growth in Southwest Winnipeg and improve Manitoba's trade connection to the continent's core highway system.

"The Perimeter has served Winnipeggers well the last 50 years and as our population and economy grows, we will take this highway to the next level to make the most of Manitoba's central location," he said in a release Tuesday.

The work will see the Perimeter rebuilt from the Trans-Canada Highway to Brady Road, a new interstate standard diamond interchange added at McGillivray Boulevard, and engineering work done to upgrade existing traffic signals to the diamond interchanges. METRO

Infrastructure minister Steve Ashton, left, and Premier Greg Selinger, centre, look at plans for improving the south portion of the Perimeter Highway Tuesday. COURTESY PROVINCE OF MANITOBA

24th homicide of the year

Police upgrade charges in city's latest homicide

A God's Lake First Nation man is facing second-degree murder charges after a Winnipeg man who was beaten at a city party last week died in hospital over the weekend.

Stacy Ralph Barkman, 39, was rushed to hospital in critical condition after getting into a fight with another man at a party on Mayfair Avenue last Thursday night.

Barkman died in hospital Saturday, and police upgraded charges against Patrick Jeremy Hill, 25, who had originally been charged with aggravated assault.

Police spokesperson Const. Eric Hofley said Tuesday the suspect and victim did not know each other before meeting at the party, and couldn't say what led to the assault.

"Unfortunately we see this tragic thing too often," he said. "Where a physical assault is taken too far and people die as a result." SHANE GIBSON/METRO

Winnipeg residence

Drugs, cash found during raid

Two people are facing trafficking charges after police found a variety of different drugs and cash at an Osborne Village residence Saturday. Police raided the residence in the 300 block of Gertrude Street around 6 p.m. and found about $80,000 worth of coke, ecstasy and pot, and over $50,000 in cash. Perry Thomas Babb, 27, and a woman, 21, are facing trafficking charges. METRO

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The Forks announces skating trail sponsor

A longtime Manitoba company has become the title sponsor of Winnipeg's Guinness-approved, worldwide longest naturally frozen skating trail.

Red River Mutual, an insurance company based in Altona that was founded more than 138 years ago, will lend its name to The Forks' most popular winter attraction.

Paul Jordan, chief operating officer of The Forks, said their "market turns into the world's biggest community club" on winter weekends.

"You've got the kids running around with the rosy cheeks and the dripping noses," he said, "but there's also another impact that happens when the river trail is up and running, we're seeing over 250,000 to 300,000 skaters coming through our doors over the six-week period, so it's a significant event."

Jordan said some businesses at The Forks are now seeing higher sales in February than in July.

Chad Friesen, vice-president of sales and marketing for Red River Mutual, joked that usually insurance companies "would avoid two rivers that tend to flood every few years."

"But we checked with our underwriters and they gave us the all clear, seeing that the river trail is operating in January-February and the risk is much reduced," he added.

The Forks also announced that Arctic Glacier has agreed to be title sponsor of the Winter Park for another five years. It has sponsored the park for the last decade.

Jordan said other popular events coming back include the Manitoba music weekend, the pop-up restaurant, winter cycling, hockey, ironman curling, Dutch skating race, fashion show and a library by the skating trail.

BERNICE PONTANILLA/METRO

Paul Jordan of The Forks said the popular meeting place becomes the "world's biggest community club" in winter, with thousands flocking to the newly named Red River Mutual skating trail. BERNICE PONTANILLA/METRO

Budget increase

City to spend $1M on athletic-fields improvements next year

The preliminary 2014 budget for the City of Winnipeg will see spending on athletic fields increase to $1 million, Mayor Sam Katz announced on Tuesday.

"City-owned fields provide recreation opportunities for thousands of people each year," said Mayor Sam Katz in a press release.

"Winnipeggers depend on these fields for recreation and organized sport and we want to make sure that when people arrive at the soccer pitch, a ball diamond or the ultimate field, our athletic fields are usable and safe."

The previous budget for improvements was $200,000. This, coupled with an increase to athletic field fees caused many users to complain about the quality of the fields.

St. Boniface's Art McOuat Memorial Park will receive $600,000-worth of improvements as a "priority project for 2014." That money will cover re-grading, crowning, and re-sodding to accommodate the installation of two full-sized playing pitches, the city said. METRO

Half Pints Pro/Am Brew Challenge organizer and Winnipeg Brew Bombers vice-president David Phillips invites Winnipeggers to check out the festivities running Thursday, Friday and Saturday. SHANE GIBSON/METRO

Craft brew takes on homebrew in local beer battle

Do the brew. Competition the first event of its kind in Canada

SHANE GIBSON
shane.gibson@metronews.ca

A sudsy competition on tap in Winnipeg this weekend will have homebrew beer makers matching their best recipes up against popular commercially-brewed craft beers.

And the homebrewer who brings the Half Pints Pro/Am Brew Challenge's Best of Show prize back to their basement will also get to see their creation bottled and sold through Half Pints.

"That's a huge honour for a homebrewer to be able to brew it with the brew master, work on the recipe, and actually see it go through the process," explained David Phillips, vice-president of the Winnipeg Brew Bomber Home Brewing club who has organized the first-time competition. "They'll get their beer sold through the brewery and it'll be on tap at some locations around Winnipeg."

Serious beer award

"We have at least 18 judges who are certified BJCP judges... using a fair criteria rather than just some guy saying, 'Ah this is a good beer and this one isn't.'"

David Phillips, vice-president of the Winnipeg Brew Bomber Home Brewing Club

Phillips said the competition — which is the first of its kind in Canada to be registered and sanctioned through the Beer Judge Certification Program (BJCP) — has attracted more than 400 entries. About 40 of those entries are from professionals, roughly 150 are from local homebrewers and the rest have come from homebrewers across Canada.

"Really it's turned into a national event," said Phillips, who is now taking care of the roughly 800 bottles of beers waiting to be judged this weekend. "We have at least 18 judges who are certified BJCP judges … using a fair criteria rather than just some guy saying, 'Ah this is a good beer and this one isn't.'"

Festivities get underway Thursday with a Meet the Judges night — free and open to the public — at the Yellow Dog Tavern starting at 7:30 p.m.

A five-course meal served with local craft beer at Mise Bistro will go Friday for $65, and the award presentation — also free for the public — will be held Saturday at Barley Brothers starting at 7 p.m.

For details go to winnipegbrewbombers.ca/competition.

Follow Shane Gibson on Twitter @tsgibson

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Report: Transport Canada rail oversight lacking in key areas

'Significant weaknesses.' Issues include poorly trained inspectors, lack of route knowledge and absence of followup when problems are found

A rail-safety audit completed just days before the deadly July train crash in Lac-Mégantic, Que., found "significant weaknesses" in Transport Canada's oversight of railways.

Those weaknesses include a lack of knowledge of rail routes used to transport dangerous goods, too few safety auditors, poorly trained inspectors and an absence of followup or sanctions when safety problems are found.

"What we identified was that there were weaknesses in all aspects of how Transport Canada is overseeing rail safety systems in the (rail) companies," auditor general Michael Ferguson told a news conference Tuesday.

His report found that only 14 safety audits of Canada's 31 federally regulated railways had been completed in the previous three years — just a quarter of the audits Transport Canada had expected to carry out.

Moreover, "the scope of the department's audits is very limited," stated the report.

And eight of those 14 audits focused on just the two largest operators, CN and Canadian Pacific, leaving Canada's smaller operators largely unchecked.

One of those small rail companies was the Montreal, Maine and Atlantic, whose unattended, single-operator train carrying 7.6 million litres of volatile crude oil derailed and exploded in Lac-Mégantic on July 6, killing 47 people.

The auditor general's report, which was wrapped up barely a week before the crash, explicitly states it makes no assessment of the Lac-Mégantic disaster.

However, Ferguson acknowledged Tuesday that the deadliest rail accident in Canadian history highlights the audit's significance.

"Any time there's a serious, significant incident, it's always going to raise questions," he said.

THE CANADIAN PRESS

The centre of Lac-Mégantic, Que., wiped away under a clutter of smouldering tanker cars on July 7. An auditor general report found "significant weaknesses" in Transport Canada's railway oversight. RYAN REMIORZ/THE CANADIAN PRESS

Ashley Smith inquest. Watchdog needed for secretive prisons: Lawyer

Only an independent, external watchdog can force improvements on a secretive prison system deeply resistant to change, an inquest jury heard Tuesday.

Proper accountability is desperately needed to prevent a recurrence of the Ashley Smith tragedy, a lawyer for a women's prisoner advocacy group told jurors.

In closing submissions, Breese Davies said it would be useless to simply recommend a culture shift at Correctional Service Canada.

"This inquest has taught us the risks of allowing CSC to continue to operate under a cloud of secrecy," Davies said.

THE CANADIAN PRESS

Medical pot. Health Canada mail-out error leads to firings, robbery: law firm

At least three medical marijuana patients have lost their jobs and one person has been the victim of a home invasion since Health Canada outed 40,000 medical pot access program participants in a mass mail-out gaffe last week, according to law firm Branch MacMaster.

The B.C. firm has filed a class-action lawsuit against Health Canada over the privacy breach and says members of the country's medical marijuana program now worry about being attached to the stigma that comes along with using marijuana and fear they may be victim of a robbery.

TREVOR GREENWAY/METRO IN OTTAWA

Study

Number of H1N1 deaths similar to common flu

A new study suggests the number of people who died from the H1N1 flu in 2009 was similar to the toll taken by seasonal flu, but the authors suggest the comparison is misleading because the people who died during the H1N1 pandemic were a lot younger than those who die from seasonal flu.

THE CANADIAN PRESS

More cuts

Sears Canada laying off 800 employees

Sears Canada is laying off nearly 800 employees as it moves ahead with a plan to reduce operating costs, saying Tuesday that most of the cuts would be made in its repair parts and service business, where 712 jobs would be eliminated. Another 79 will lose their jobs in the Toronto head office.

THE CANADIAN PRESS

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Suspected drone spotted hovering over Hull prison

'Flying object.' No inmates were in the courtyard at the time, but jail can't verify whether any contraband fell

JOE LOFARO
Metro in Ottawa

Public-safety officials in Quebec don't know for sure whether it was a bird, a plane, or a cape-wearing superhero, but something was in the sky hovering above the Hull jail Sunday morning and they think it was a drone.

Philippe Desjardins, a spokesperson for the ministère de la sécurité publique, said a corrections officer saw a round, orange "flying object" about 15 cm in diameter in the sky above the prison courtyard at 11:20 a.m. The prison is located at 75 rue St-François, which is approximately five kilometres west of downtown Ottawa.

"The corrections officer found nothing on the ground in the prison," said Desjardins. "We have no evidence that the drone dropped something or crashed in the perimeter of the prison."

He said the jail confirmed that no inmates were in the courtyard at the time, but officials could not verify whether any contraband fell from the object.

The ministry oversees correctional facilities in the province of Quebec.

"The corrections officer takes this very seriously because they are afraid that kind of flying object (could have) dropped some kind of drugs or cellphone or something like that," said Desjardins. "They're very aware of different methods to stop these kinds of events."

The jail has closed its investigation, according to the ministry spokesperson.

Worried

"They are afraid that kind of flying object (could have) dropped some kind of drugs."

Philippe Desjardins, spokesperson for the ministère de la sécurité publique, on the corrections officer's fears

Life must go on in battered Philippines

A mother cuddling her baby crosses muddy ground amid devastated buildings around an evacuation centre in the central Philippine province of Leyte on Tuesday. Leyte was right in the destruction path of the Super Typhoon Haiyan, which pummelled central Philippines on Nov. 8. BULLIT MARQUEZ/THE ASSOCIATED PRESS

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Rogers shoots, scores with $5.2B NHL multimedia deal

12-year term.
Historic pact will diminish CBC's role in HNIC

Canada's hockey TV landscape underwent a seismic shift Tuesday as Rogers Communications wrested control of NHL multimedia rights with a blockbuster 12-year, $5.2-billion agreement that will preserve Hockey Night in Canada but limit CBC's role in the iconic broadcast.

The deal, the largest in NHL history, gives Rogers national rights to all NHL games, including the playoffs and Stanley Cup final, on all its platforms in all languages.

"It will be the NHL like never before," Rogers Media president Keith Pelley promised at a packed news conference Tuesday, touting a "transformational day" for the industry, as well as Rogers' position as a sports broadcasting titan.

A sub-licensing agreement with CBC allows the public broadcaster to continue airing Hockey Night in Canada on Saturday nights for four years, while TVA in Quebec earned all of the Canadian French-language multimedia rights.

But the Rogers coup includes rights to the venerable Hockey Night in Canada brand, allowing Rogers to air the weekly staple across all its platforms, including City and Sportsnet.

"Sometimes it's almost surreal — acquiring the most coveted content in all of Canada, and there is nothing even close, which is the national rights to Hockey Night in Canada," Pelley told reporters after the news conference. THE CANADIAN PRESS

Knew when to fold 'em

The CBC "was not in a position to spend taxpayers money on this game of high stakes."

CBC president Hubert Lacroix on the NHL's high financial expectations, which he said the national broadcaster couldn't meet

The triumphant trio, in colour-coordinated duds: Rogers president and CEO Nadir Mohamed, centre, with NHL commissioner Gary Bettman, left, and Keith Pelley, president of Rogers Media, at a news conference on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

The good ol' hockey deal

The new deal is raising questions about the future of CBC's talent, especially Don Cherry. Rogers president Keith Pelley said it was too soon to answer those questions.

- It appears TSN is also on the outside looking in. The NHL's news release early Tuesday made no mention of the all-sports network, which currently airs a package of regular-season and playoff games.
- Bell Media vice-president of communications Scott Henderson said TSN would have 10 Leafs games next season under a regional agreement and that, starting in 2015, the network would have 26 regional Leafs games.
- The deal could put the iconic Hockey Night in Canada theme song in limbo. TSN has owned the rights to the jingle since 2008 after CBC was unable to negotiate a new agreement with the song's composer.

Nuclear waste. Company town backs Bruce Power

Ordinarily, a proposal to bury radioactive waste in a scenic area would inspire "not in my backyard" (NIMBY) protests from local residents.

But conventional wisdom has been turned on its head in southwestern Ontario, where Bruce Power wants to entomb waste from its nuclear plants 680 metres below the surface near Lake Huron.

Some of the strongest support comes from Kincardine, Ont., area near the would-be disposal site. Nuclear is a way of life here, and many residents have jobs connected to the industry. THE ASSOCIATED PRESS

Lake Huron just beyond a fence enclosing a section of the Bruce Power nuclear complex. THE ASSOCIATED PRESS

159 members

Diplomats fail to reach global trade deal: WTO chief

Negotiators have failed to craft the first global trade deal in more than a decade, which could have given the world economy a $1-trillion boost, the director-general of the World Trade Organization said. Diplomats from the WTO's 159 members tried ahead of a summit where ministers were to have signed the deal next week. THE ASSOCIATED PRESS

Market Minute

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Study. Social media gurus going the way of the dodo

Jobs for tech-savvy social media experts will be obsolete in 10 years, according to a new study released Tuesday by online employment site Workopolis.

The study predicts that social media experts will be a victim of advancing technology.

That's because today's youth are already immersed in social media platforms such as Twitter and Facebook.

"People will need to be even more literate with social media just to get in the door and it will no longer be something that absolutely differentiates folks," said a vice-president at Workopolis. THE CANADIAN PRESS

Random biz fact of the day

97%

97 per cent of recruiters use LinkedIn, 51 per cent use Facebook, and 49 per cent use Twitter. WORKOPOLIS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 18

metronews.ca/temp

Relationships

Temp work, temp love

With no job security or benefits and fluctuating schedules, temporary employment is affecting personal relationships.

A study by United Way Toronto and McMaster University found those doing precarious work — including contract, temporary and casual workers — are more likely to be single.

Among those aged 25 to 34, 31 per cent with secure employment are single, compared to 54 per cent with precarious jobs.

PHOEBE HO/FOR METRO

ISTOCK

Carried away

Tittle-tattle

We asked you to share your office secrets and you answered:

"During a tough year of merger and acquisition, the president of the company made a speech at the Christmas party and said, 'We will shoot the laggards and carry the wounded!' As the president left the stage, a friend, obviously having partaken of a few too many, ran at the president, jumped on his back and yelled, 'Yahoo, carry me, I'm wounded.' And yes, he was carried — carried out by security!" METRO READER

Temp Empathizes with Ducklings

I stayed for a while at Chantelle's, but declined her vodka as I still had to drive — to the oil refinery to meet with Kyle who answered a meet-for-coffee text with: Blue gate, refinery north road, 7:45 look for billboard with photo of happy mallard duck family.

Indeed I found the Duck Family portrait with the banner caption, Always Putting the Environment First. It stood in front of a crude-oil cracking facility straight out of a sci-fi film where mutants on a slave planet convert poor people into snacks for the master species.

"Isn't this place great?" asked Kyle, coming in from the parking lot and wearing his still brand-new journeyman's outfit. "I start on the eight o'clock night shift. I'm totally stoked."

"Kyle, this place is freaky, and who knows what toxins there are in there."

"Shannon, for a guy with no degree, this is a good foot in the door, and if I play my cards right I can be a supervisor in a few years."

My heart felt like one of those little ducklings onto which a massive Acme cartoon anvil has fallen from a mile up. "Where's Mr. Burns' office?"

"Admin's about a mile thataway. Why are you so bummed out? I've got a real grown-up-job job. You should be happy for me."

I was silent.

"And look, I can maybe go work in Libya or Abu Dhabi and make crazy money. That's where the action is. Six months in the Emirates — business class ticket each way — live in a walled compound with satellite TV and well-stocked fridges — the sky's the limit."

I sighed.

"You're always looking for fun facts. Did you know that one barrel of oil — 42 gallons — yields 44 gallons of petroleum products?"

"I didn't."

"It's because when crude oil is converted, it increases in volume. Roughly half of each barrel of crude oil is turned into gasoline for transportation."

When did Kyle drink the "New Kyle" Kool-Aid? I never saw this coming.

"Shannon, for a guy with no degree, this is a good foot in the door, and if I play my cards right I can be a supervisor in a few years."

He asked, "Shannon, why did you want to see me, anyway? Trying to get me involved in your evil plot with the Chinese?"

"As a matter of fact, yes."

"I don't think I'm the espionage type."

"It's not espionage."

"Look, now's not the time for this. I'm going to be late on my first day if I don't get in right now." He started edging backwards toward the entryway. "Besides, this is where I'm at in my life right now. I'm an oil guy."

"Promise me you'll call if you change your mind?"

"Gotta go, Shannon. Bye."

I waved goodbye and got back into Danimal's BMW. I turned on the radio where Dust in the Wind by Kansas was playing and promptly began bawling.

TO BE CONTINUED ...

Random fact of the day

Dolly Parton once anonymously entered a "Dolly Parton look-alike contest" but lost to a drag queen.

SOURCE: WTFFUNFACT.COM

Random biz fact of the day

72%

A majority of job seekers says it's important that a company offers flexible schedules when they are deciding whether to take a position.

SOURCE: CAREERBUILDER

The clock is ticking

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still five days to catch up at temp.metronews.ca — before it disappears. METRO

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SURVIVAL IS MEDIUM-RARE

JUST SAYIN'

Paul Sullivan
metronews.ca

If you're an animal, you must be confused.

Take this new survey from Insights West in Vancouver, which shows that 88 per cent of British Columbians oppose trophy hunting.

That's the good news. The bad news is that almost the same number — 85 per cent — think it's OK to eat you.

Even more confusing, 73 per cent think it's OK to hunt animals for food.

If you could speak human, you'd probably point out that it doesn't really matter if you end up over someone's mantle or on the dinner table.

Either way, you're just as dead.

Then of course you might be a dog or a cat, a beneficiary of the $6.5 billion Canadians spend annually on their pets. Still, there's a risk you might end up in an animal shelter, where more than 51,000 cats, dogs and "others" are euthanized annually in Canada.

Be thankful you're not a pet turkey, especially around this time of year. You could get really confused and dead.

You also might want to avoid being a lab rat. As many as 80 million rats and mice are used for research each year, and guess what happens when you're finished serving medical science.

Yup, you're dead.

If you're looking for some evidence that attitudes are changing for the better, wag your tail. Not only do people oppose trophy hunting, only 15 per cent are in favour of killing animals for their fur, good news if you're a beaver. Means you're less likely to become a sheared beaver.

The Insights West survey also says that only 38 per cent are in favour of using animals in rodeos, which means you're less likely to get rope burn, spur sores and any of the other hazards that make the West Wild.

And only 56 per cent think you should be caged in a zoo where you're expected to spend the rest of your life wearing out a concrete trough from padding back and forth, mooching for peanuts.

So if you can get over the fact that 85 per cent want you for dinner, you might think things are looking up. Especially if you're not a member of the 21,286 species threatened with extinction, according to the 49th annual Red List, a census of the world's animals maintained by the International Union for the Conservation of Nature, updated just this week. And if you're a Hawaiian Crow or Wyoming Toad, you probably don't mind living at the zoo, because your species is among the 61 extinct in the wild.

Of course, if you're a member of one of the 799 completely extinct species, you're dead.

Probably the best kind of animal you can be is a big nasty critter at the top of the food chain in an inhospitable region of the world where people don't like to go — like a polar bear in the Arctic.

On second thought, if global warming keeps up, there won't be any Arctic. And you know what that means.

ZOOM

Sometimes the dentist is a zoo

SHANE GIBSON/METRO WINNIPEG

Aurora the polar bear goes under

Talk about a risky procedure.

On Tuesday morning veterinarians at the Assiniboine Park Zoo's animal hospital performed dental surgery on Aurora, the 11-month-old female cub who recently arrived at the zoo from Churchill.

Thankfully Aurora was anesthetized for the work, which Dr. Chris Enright, who heads up veterinarian services at the zoo, said isn't too different than what people get done at the dentist.

The zoo said during the procedure, veterinary staff removed two of the polar bear's baby teeth and one adult tooth that were broken and infected.

SHANE GIBSON/METRO WINNIPEG

Rarrrhhh!

"Right now she's only about 110 pounds ... but she still has the attitude of a 600-pound predator. So it's certainly not safe to just ask her to open her mouth."

Dr. Chris Enright
Head of veterinarian services
Assiniboine Park Zoo

Friends at the zoo

- Aurora was brought to the zoo about a month ago.
- There are three other bears: Hudson (the oldest, and from the Toronto Zoo), Storm and another 11-month-old female who was named Kaska on Monday.

Clickbait

LUKE SIMCOE
Metro Online

CONTRIBUTED

Last week, AOL announced it was shutting down Winamp, one of the oldest, most venerable digital music players. Dating back to the days of Napster, Winamp was a favourite among music lovers who wanted something different than stock programs like iTunes and Windows Media Player. Sadly, the application will no longer be available for download as of Dec. 20. Fortunately, there are some free alternatives out there for those who don't need a Genius to tell them what to listen to.

Foobar2000 (foobar2000.org):

Offering a simple, yet powerful interface, Foobar2000 isn't a drag on your computer's resources like iTunes is. It plays almost every audio file type imaginable and lets users tag their own music metadata.

VLC Media Player (videolan.org):

Arguably the most popular open source media player on the market, VLC is a capable replacement. As a bonus, it's available on Windows, Mac, iOS, Android and Linux, so it meets the definition of 'cross-platform.'

AIMP (aimp2.us):

If you just can't let Winamp go, try this clone. AIMP's interface is almost identical to Winamp's, right down to the 18-channel equalizer and modular windows.

Twitter

@metropicks asked: Rogers' #NHL deal will see them assume control over #HNIC. What do you want left the same? What do you want changed?

@Fontaine_D: It won't be long before we finally see the last of Don Cherry on HNIC. Thank you Rogers!

@cjoanporter: Question: Does all this #HNIC moving to Rogers news mean I'll no longer have to see/hear Don Cherry? Bc then I'm all for it.

@scottmahoney94: yay monopoly

@bonnaventure: replace Don Cherry with an upturned mop w/ bucket for head. Replace Ron Maclean with Stuart McLean. Add @ strombo 4 some reason less hockey, more 'who wore it best' segments.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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The success beneath the beard

Television. Exploring the hairy truth behind the smash hit Duck Dynasty and their colourful cast of redneck characters

MIKE DOJC
scene@metronews.ca

Duck Dynasty's success has led to an number of backwater reality TV imitators. ZACH DILGARD/THE ASSOCIATED PRESS

Reality TV has certainly gotten hairier in recent years. Remember the clean-shaven landscape of the first decade of the 2000s when cheeks were bare and exfoliated, and on top coifs were as mussed over as Ryan Seacrest's frosted tips?

The rose-toting bachelors, catwalk strutting top models, and silicone enhanced housewives who defined that era are still with us, but the idle life of mansion hopping, wine guzzling and recreational crisis-provoking that their ilk hawks has been eclipsed by a feral five o'clock shadow.

Reality that captures the current zeitgeist tends to aim its muzzle at a motley crew of outdoorsy folks who buck fashion trends and look more hobo than Hollywood.

Duck Commander founder Phil Robertson was a QB1 ahead of future hall-of-famer Terry Bradshaw at Louisiana Tech in the mid-1960s before giving up the gridiron for the duck blind.

Along with his kooky brother Si, boudin-cooking wife Miss Kay, business-savvy son Willie and the rest of the loveable Robertson clan, the Duck Dynasty family are the undisputed lords of the backwoods boob tube explosion that has given us hooch making Moonshiners, wild boar hunting American Hoggers, and gator wrestling Swamp People.

The bodacious Bayou beards sported by the world's favourite duck calling sons have sold umpteen books, bobbleheads, school supplies, garden gnomes, and even Chia pets.

Their squirrel eating comedic gold melds the best parts of The Beverly Hillbillies and The Waltons with a dash of Dukes of Hazzard camp thrown in to create A&E's most successful show ever — a cable goliath aired in more than 100 countries.

The finale of Duck Dynasty's third season drew 9.6 million viewers and trounced Fox's American Idol and CBS's Survivor in the coveted 18-49 demo.

Those heavy hitters of yesteryear couldn't reach the bottom wisps of the wizened beard of the Redneck Gandalf, Phil Robertson.

Then season four's premiere blew their already boffo numbers out of the water with a record setting 11.8 million tuning in for a quacking good time.

A Reddit thread dedicated to pondering the secret of this band of bushy-faced brothers' rampant popularity dwells on all sorts of cockamamie theories.

But in the end, they stand apart from their Lifestyles of the Redneck & Famous television brethren because of their cartoonish whiskers which tots will be wearing reasonable facsimiles of when they come knocking on your door for many Halloweens to come.

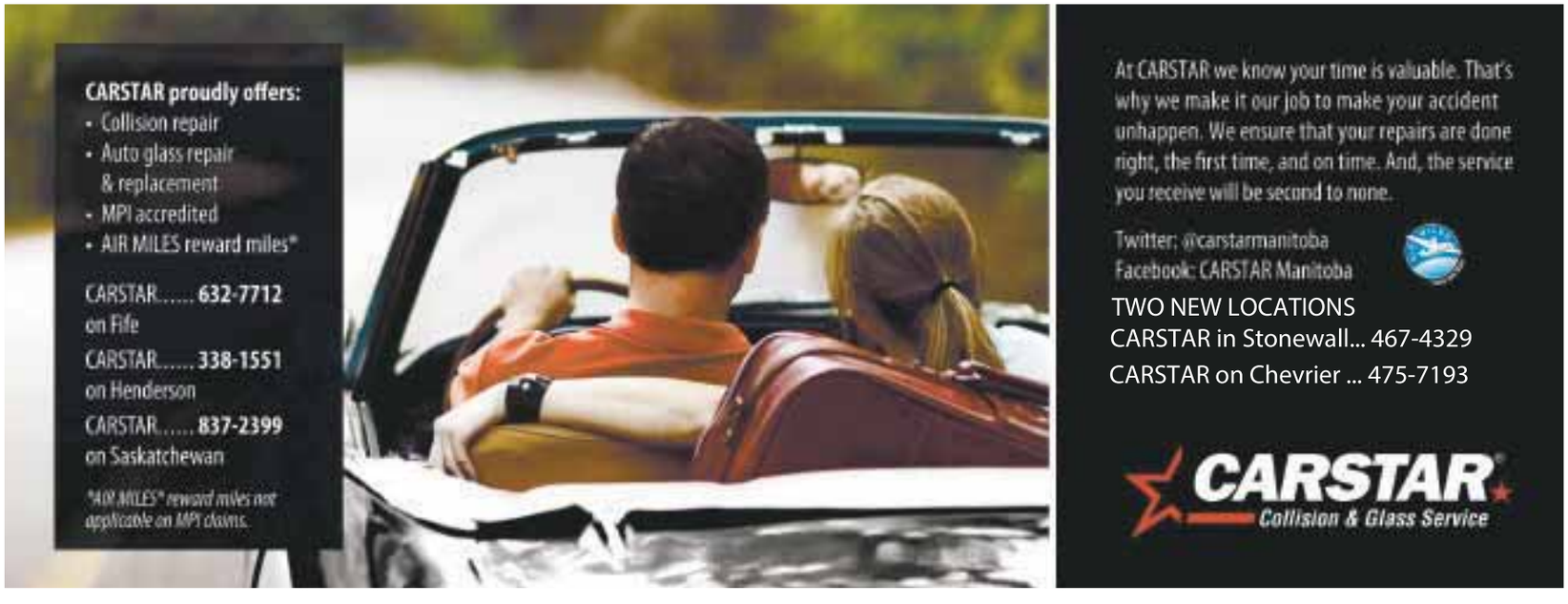
"They have a wild man, nature-loving, anti-authority quality that really stands out," weighs in Dr. Allan Peterkin, the author of One Thousand Beards-A Cultural History of Facial Hair, and grooming consultant for Dove's Men+Care face range.

"Their beards are an unforgettable part of their philosophy, brand, and trademark," says Peterkin.

Reading the beards

The Duck Dynasty crew's beards are furry manifestations of the men lurking beneath them. Pogonologist Dr. Allan Peterkin reads the Robertson kin's face follicles to determine the beard statement the men are making.

- **Si.** "Substance over style."
- **Patriarch Phil.** "Longer is wiser."
- **CEO Willie.** "Seems gentle, poetic, approachable."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Hollywood keeps looking to Asia for, um, inspiration

Elizabeth Olsen and Josh Brolin in Oldboy. CONTRIBUTED

Remakes or ripoffs?

From Godzilla to classic Westerns, U.S. studios know they can find fodder in the East

IN FOCUS
Richard Crouse
scene@metronews.ca

Everyone knows Godzilla was a superstar in Japan long before he went Hollywood and started stomping American landmarks into matchsticks. Despite making his debut in 1954, the King of the Monsters had to wait until 1998's Roland Emmerich film Godzilla to be to be fully reimagined by an American studio.

So you knew of Godzilla's roots, but did you also know The Magnificent Seven and A Fistful of Dollars were remakes of Asian films?

Add to that list this weekend's Oldboy, a Spike Lee re-creation of a violent Chan-wook Park film. Josh Brolin plays a man searching for answers as to why he was kidnapped and held in solitary confinement for twenty years.

Spike Lee says the original director only offered up one piece of advice. "Josh went to Park and asked for his blessing," he told MTV. "Park gave it, and the one thing he said to Josh — which Josh related to me — was, 'Make a different film; don't do the same thing I did.' (So) that's the way we did it."

Hollywood has looked to Asia for inspiration for years.

Akira Kurosawa's films provided fodder for two redone classics. The epic Seven Samurai became the gunfighter flick The Magnificent Seven and the director's Yojimbo provided the backbone for A Fistful of Dollars, starring Clint Eastwood.

Once again Old West gunfighters subbed for samurai but the premise of one man playing rivals off one another remains. Since the movie was an unofficial remake Kurosawa sued, won and later bragged he made more money off of Fistful of Dollars than Yojimbo.

At the turn of the millennium Japanese movies like Ringu, Ju-on and Geoul Sokeuro helped reinvent Hollywood horror.

The best known of the Asian horror remakes was The Ring, an unlikely story of a cursed videotape that caused the viewer to die within a week of watching it. Roger Ebert called the movie boring and "borderline ridiculous" but it was a huge hit and paved the way for others like The Grudge and Dark Water.

Hollywood has often looked to Asia for inspiration, but sometimes it has worked the other way round.

Saidoweizu is a Japanese version of the wine-soaked romantic dramedy Sideways, director Toshikazu Nagae put his own spin on Paranormal Activity 2: Tokyo Night, and A Woman, a Gun and a Noodle Shop transports Blood Simple's action from 1980s Texas to 19th century China.

Cinema City McGillivray
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Famous Players Kildonan Place
1555 Regent Ave W

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Grant Park 8 Cinemas
1120 Grant Ave.

Frozen (G) Dolby Stereo Digital Wed-Thu 3:45-9:30
Frozen 3D (G) Dolby Stereo Digital Wed-Thu 6:45
Oldboy (18A) Dolby Stereo Digital Wed-Thu 3:50-7:10-10:10

Landmark Towne Cinema 8
301 Notre Dame Avenue

Frozen 3D (G) No Passes Wed-Thu 6:45-9:15

SilverCity Polo Park

815 St. James Street

Frozen (G) No Passes Wed-Thu 1:35
Frozen 3D (G) No Passes Wed-Thu 4:15-7:10-9:50

SilverCity St. Vital
110-1225 St Mary's Rd

Frozen (G) No Passes Wed-Thu 1:15-4:10
Frozen 3D (G) No Passes Wed-Thu 7-9:45
Homefront (18A) Wed-Thu 2:05-4:45-7:20-10:10

Animated

Frozen

Directors. Chris Buck, Jennifer Lee

Stars. Kristen Bell, Josh Gad, Idina Menzel

The Princesses of Arendelle, Anna (Kristen Bell) and Elsa (Idina Menzel), are polar opposites. Anna is a warm-hearted adventurer while Elsa has the awesome power to manifest ice and snow from her fingertips. When Elsa accidentally plunges her kingdom into an endless winter Anna sets off with mountain man Kristoff (Jonathan Groff), his reindeer and a sun-worshipping snowman named Olaf (Josh Gad) to save the realm. Frozen has all the elements of classic Disney — amusing animals, catchy songs and two princesses — but wants for more complex characters. **RICHARD CROUSE**

Action

Homefront

Director. Gary Fleder

Stars. Jason Statham, James Franco

The first thing you need to know about Homefront is that it was scripted by Sylvester Stallone. That pretty much says everything about the thriller's severe tone, stock characterizations and messy combat choreography. Silly, but viscerally satisfying, Jason Statham plays an undercover DEA agent hiding in backwoods Louisiana until his cover is blown and old enemies come calling. Homefront's cast has trouble finding the right tone — especially one-time Oscar-nominee Winona Ryder playing a completely expendable former biker chick. **STEVE GOW**

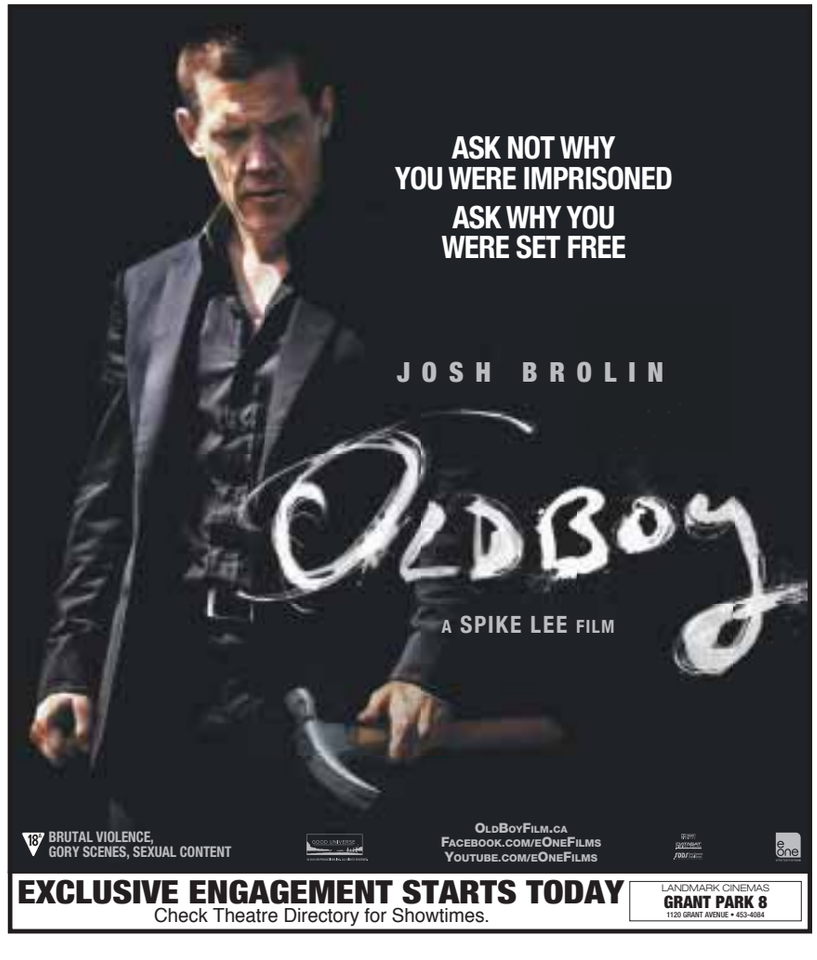
Thriller

Oldboy

Director. Spike Lee

Stars. Josh Brolin, Elizabeth Olsen

Spike Lee's remake of Oldboy will be best appreciated by those who haven't seen the original Korean award-winner. That's because the premise of a businessman seeking bloody vengeance on whomever inexplicably locked him up for 20 years hinges on not knowing the final twist (even if Lee does alter it slightly). An assault of gratuitous violence, this update is nothing short of energetic but its lack of cohesion and expressiveness will almost certainly repel fans of the original. **STEVE GOW**



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Farrah Fawcett. ALL PHOTOS GETTY IMAGES

Do you want to own a part of Farrah Fawcett?

Farrah Fawcett's nephew Gregory Walls inherited much of the late actress' personal items, and now he's apparently looking to get rid of some of them.

Walls listed 67 of Fawcett's items — including her People's Choice Award and her driver's licence — with a Dallas-based auction house, according to Radar Online. Walls insists he's unloading the goods for the sake of her fans, writing in the auction catalogue that he decided to list the items after reading thousands of cards and letters they'd sent her.

"It was at that moment that I felt that I would do my best to give her fans a chance to possess some of the things that were special and dear to Farrah."

A portion of the proceeds will go to the Farrah Fawcett Foundation.

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The Word

Sorry Brad, there will be no private island for you

Angelina Jolie surely plans to do something special for Brad Pitt's 50th birthday next month, but that something special apparently doesn't involve buying him an island.

The NY Daily News had reported that Jolie laid out $20 million for an 11-acre, heart-shaped private island on New York's Lake Mahopac, but the owners of the property, named Petra Island, tell E! News that it's still for sale.

"We are open to show Angelina Jolie and Brad Pitt the island, but they have to have lunch at my café first," says Donna Massaro, daughter of the island's owners.

The island would be of particular interest to Pitt since the two houses on it were designed by Frank Lloyd Wright, one of his favourite architects.

Taylor Swift.

If I don't see you, you're not really there

Well, this must have been awkward. Taylor Swift had a pair of run-ins with ex-boyfriend Harry Styles at the American Music Awards and reportedly made a conscious effort to avoid making eye contact with him, according to Us Weekly.

Sources say that twice Swift crossed paths with the boys from One Direction and kept her laser gaze forward, refusing to acknowledge their presence.

Styles and his bandmates, by contrast, gave Swift a standing ovation when she won for Best Female Country Artist.

Megan Fox.

Fox not resenting her baby this time around

Megan Fox is totally digging being pregnant the second time around.

"For the most part, I would say it's been a lot easier," she tells E! News recently.

"I think that could have a lot to do with the fact that I already have a baby, so I'm so distracted taking care of him that I don't really have time to sit and lament on the fact that I'm pregnant or indulge my pregnancy."

Fox and husband Brian Austin Green welcomed her son, Noah, 14 months ago.

Twitter

@jtimberlake
Never thought I would hear a song I wrote on country radio. My GrandDad is smiling from a bar in Heaven!

@NiallOfficial
Like a zombie right now! It must be coffee time !

@TheRealRoseanne
Let's bomb billionaires next

Katniss Everdeen for a day

North Carolina. Follow in the footsteps of some of your favourite tributes by visiting the sites from the Hunger Games film

VAWN HIMMELSBACH
life@metronews.ca

Recognize this waterfall? It's where Katniss hid Peeta during the Hunger Games. PHOTOS: VAWN HIMMELSBACH

Metro's intrepid travel writer Vawn Himmelsbach channels her inner Katniss Everdeen during an archery lesson in North Carolina.

Want to shoot an arrow like Katniss or learn the art of sling shot like Rue? Whether you're a fan of the Hunger Games or an avid outdoor enthusiast, adventure awaits in North Carolina's Blue Ridge Mountains.

Hike in the wilderness, learn survival skills, or just eat and drink like a celebrity — and may the odds be ever in your favour.

Hit the trails in Dupont State Recreational Forest (about an hour's drive from Asheville) where you'll discover some of the most iconic scenes from the first film. Pick up a trip planner at the Asheville Visitors Center or use the interactive online map (exploreasheville.com) to organize day trips out of Asheville.

A few points of interest in Dupont: hike to Triple Falls (from the main parking lot) to see where Katniss discovers a wounded Peeta. Or head to the scenic Bridal Veil Falls, where Katniss flees from the firestorm. (Note: The waterfalls were edited out of the film, since the tributes were always on the hunt for water.)

If you're interested in behind-the-scenes scoop, it's well worth going on a Hunger Games Unofficial Fan Tour, where your guide will take you to locations used in the first film — locations that would be near impossible to find on your own. You'll also learn archery, sling shot and special-effects camouflage, and eat lunch featuring foods that your favourite tributes would have eaten. Day tours run from April to October and cost $59 US; visit hungergamesunofficialfantours.com for more info.

You can also visit Henry River Mill Village, the location for District 12. Because of vandalism, this abandoned mill town about an hour east of Asheville is closed to the public, but you can take a Hunger Games Unofficial Fan Tour for $50 US. Or, head to Chimney Rock Park for short hikes and rock climbs (also the filming location of The Last of the Mohicans).

Where to stay:

Spend the night at Hotel Indigo, where Jennifer Lawrence, Josh Hutcherson and Liam Hemsworth stayed during the shoot. This boutique hotel has a contemporary vibe, with unique local touches such as wall murals in each room of nature scenes taken by a local photographer.

Until March 31, Hotel Indigo is offering a Hunger Games package, which includes two nights accommodation, a $15-per-person gift card for lunch at Early Girl Eatery, chocolate chip cookies in your room (Jennifer and Josh's favourite), as well as local Hunger Games trivia. Prices begin at $290 US; email snewton@hlihotels.com for more info.

What to do:

Head to Lexington Avenue Brewery for brisket mac 'n cheese or mountain trout tacos. Alternatively, go to the Laughing Seed Café, where vegan Woody Harrelson went for vegetarian fare. Then head to The Southern for a vanilla bourbon mint julep on the patio.

To get your heart racing, check out Nantahala Outdoor Center for whitewater rafting and zip line tours. You can also hone your outdoor survival skills by taking a wilderness medicine course (scheduled classes or private instruction). Visit noc.com for more info.

Real or not real?

Hunger Games Unofficial Fan Tours will be offering guided tours behind the making of Catching Fire in Atlanta, Ga. You'll visit film locations via private shuttle, learn archery, play archery tag and make your own volcanic rock. Tours start Dec. 14, running through 2014 ($94 US). For die-hard fans take a full weekend, which includes themed accommodations and food, survival training, banquet and game simulation (beginning April 2014 for $599 US).

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It came upon the window clear

Pane and fame. Manhattan's retailers have a long history of spreading Christmas cheer through displays

A group gathers to admire one of Macy's window displays in midtown Manhattan. PHOTOS: THE ASSOCIATED PRESS

Forget window shopping, some of Manhattan's biggest and most storied retailers say their elaborate seasonal window displays are a gift to passers-by.

Reimagining every major holiday covered in a slick coating of ice, recreating cozy Christmas morning scenes and paying homage to a local legend can be a yearlong labour of love.

"Every store has their own style," says David Hoey, senior director of visual presentation at Bergdorf Goodman. "We try to pick a theme that will lend itself for us to go to town. We all do."

At his corner of 57th Street and Fifth Avenue, arguably one of the most famous shopping intersections in the world, Hoey isn't just celebrating Christmas, he's paying homage to 12 holidays, including Valentine's Day, Independence Day and Halloween.

Kitty-corner from Bergdorf is Tiffany & Co. and its scenes that aim to capture the New York holiday of your best dreams and memories. "We are telling a story of the lives that go on here and the interactions that happen on Christmas Day and on that morning in New York City," says Richard Moore, vice-president of creative visual merchandising.

"It's about holiday spirit and celebrated tradition. The windows are for all ages, all different cultures. We just want you to stop and look and engage in our windows," he adds.

Here's what window watchers can see now through the end of December, all located in midtown New York:

Barneys NY: Barneys' holiday collaboration with Jay Z, whose full name is Shawn Corey Carter, certainly has created the most headlines, but not for the windows or the BNY SCC collection items they feature. The focus has been on the partnership in the midst of customers' accusations of racial profiling while they were buying expensive items.

The windows, though, are trained on high tech with interactive installations that feature light shows and a virtual sleigh ride with Santa and Mrs. Claus, fresh off Madison Avenue makeovers.

Bergdorf Goodman: The Holidays on Ice theme exists in a "sort-of time warp," Hoey says. There are details from the 17th through 21st centuries — and all coated with a little glimmer and shimmer.

Bloomingdale's: A quick trip around the block seems a trip around the world, with oversized packages celebrating shopping around the world, including France, Italy and China — and New York, of course.

Macy's: A little boy journeys through an enchanted forest, meeting all sorts of extraordinary characters along the way, then comes away with belief in faith and some magical dreams.

THE ASSOCIATED PRESS

N.Y.C. tree lightings

- **South Street Seaport.** 19 Fulton St. Tree lighting Nov. 29, 6 p.m. Along with the lighting ceremony, See/Change's ice rink will open and there will be live music.
- **Madison Square Park.** Entrance at 25th Street and Fifth Avenue. Tree lighting Dec. 10, 3:30 p.m. This tradition will brighten up the park again this year, as will performances by the New York Life Singers and Audra Rox.
- **Rockefeller Center.** 30 Rockefeller Plz. Tree lighting: Dec. 4, 7 p.m.

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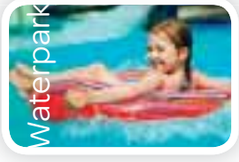
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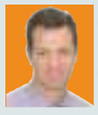
Holiday outings

Head to the market for festive cheer



ON THE MOVE
Loren Christie
life@metronews.ca

An entertainer at Toronto's Distillery District Christmas Market. TORSTAR ARCHIVES

Did the holiday season sneak up on you? A Christmas themed getaway will help jump start your festive spirit.

In the past several years Toronto and Vancouver have done a wonderful job re-creating the cheer and charm that is a traditional European Christmas market. Located in the city's historic Distillery District, this year's Lowe's Toronto Christmas Market runs from Friday, November 29 through to Sunday, December 15. The entire area is decked out for the holidays complete with lighting and décor displays, roving carolers and traditional wooden booths selling locally handcrafted goods, decorations and Christmas themed foods. Many of the booths feature items from Eastern European countries, Holland and Germany, where the tradition of Christmas markets began in the early 1400s. An added bonus is the expanded liquor licence, which allows visitors to enjoy an authentic holiday beverage including mulled wine and hot rum by an outdoor fire.

Vancouver's Christmas Market is located in the heart of the city on the outdoor plaza at the Queen Elizabeth Theatre. It runs from now right up until Christmas Eve at 6 p.m. Many of the 45 vendors have come from Germany. However, the beauty of the market is that it is much more than just a craft fair. Picture strolling through romantic rows of little wooden huts decorated in pine branches and illuminated with strings of little white lights while listening to holiday music in the background. For the Vancouver market, there is an admission charge of $3 for children and adults during the week, with the fee increasing to $6 for adults on the weekends.

For a more traditional Dickensonian Christmas, head to Morrisburg, Ontario, located about an hour and a half from Kingston. Upwards of one million white lights adorn the buildings of the historic Upper Canada Village for Alight at Night, running from December 6 through to January 4. The surrounding grounds are looped with coloured lights, and within this illuminated nineteenth century town, where time stopped around 1867, there are sleigh rides, Victorian Christmas meals, toy train rides, and places to purchase one-of-a-kind artisanal gifts. If you want to stay over you can actually spend the night in the Village at Montgomery House.

Happy holidays!

Take the chill out of November cold with Black Bean & Avocado Soup

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This creamy, rich-tasting soup is very nutritious. I like to serve it garnished with reduced-fat sour cream, diced plum tomatoes or a sprinkle of shredded cheddar cheese.

1. Spray a nonstick saucepan with cooking oil, add vegetable oil and place over medium heat. Cook the onion, carrot and garlic, stirring occasionally, 5 minutes or until softened.

2. Set aside 1/2 cup of the black beans. Add the remaining beans, stock, sugar and cumin to the vegetable mixture. Bring to a boil, then reduce the heat to medium low. Cover and cook for 15 minutes or until the carrots are tender.

3. Purée soup in blender or food processor, working in batches. Return to saucepan. Stir in reserved beans.

4. Ladle the soup into individual bowls and garnish with cilantro and avocado and sour cream. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY: ROSE REISMAN**

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 2 tsp minced fresh garlic
- one 19 oz can black beans, drained and rinsed
- 2 1/2 cups low-sodium chicken or vegetable stock
- 1/2 tsp granulated sugar
- 3/4 tsp cumin
- 1/4 cup chopped cilantro or parsley
- 1/4 cup diced avocado and reduced-fat sour cream

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Drink of the Week

Juicy Dreams

Bourbon has all the qualities for a cold weather base: warming, festive, affordable and compatible. And because of those qualities, you don't need to do much to it to create a terrific cocktail.

- Ice
- 2 oz bourbon
- 1 oz Lillet
- 1/2 oz lemon juice
- 2 oz pomegranate juice

In an ice-filled cocktail shaker, combine the bourbon, Lillet, lemon juice and pomegranate juice. Shake, then strain into an ice-filled tumbler. **THE ASSOCIATED PRESS**

Comfort food Scottish style

Mince and Tatties, Scottish for ground beef and potatoes, holds a special place in chef Lynn Crawford's heart.

Her parents moved to Canada from Scotland and brought with them this simple but amazingly delicious dish, which she says continues to be one of her favourites.

She shares the recipe in her new book, At Home With Lynn Crawford.

Whipped Potatoes

1. Place potatoes in a pot of cold salted water and bring to a boil. Reduce heat to medium-low and simmer until fork-tender, about 20 minutes.

2. Meanwhile, in large saucepan over medium heat, heat cream, milk and butter until butter has melted. Keep warm.

3. Drain potatoes well, then force through a ricer into warm cream mixture. Stir to combine, then season with salt and pepper.

Mince and Tatties

1. In a large skillet over medium-high heat, heat oil. Add beef and cook, stirring frequently and breaking meat down with back of a wooden spoon, until no pink remains, about 5 minutes.

This recipe serves four. KATHLEEN FINLAY

2. Add butter and onions and cook, stirring frequently, until browned, about 10 minutes. Sprinkle flour over mixture and cook, stirring constantly, until well incorporated, about 2 minutes more.

3. Gradually stir in stock and Worcestershire sauce. Bring to a boil, then reduce heat to low and simmer, stirring occasionally, until gravy has thickened slightly, about 20 minutes.

4. Add carrots and cook until tender, about 10 minutes. Stir in peas and cook until heated through, about 2 minutes. Season with salt and pepper. Serve spooned over hot whipped potatoes.

THE CANADIAN PRESS/ AT HOME WITH LYNN CRAWFORD BY LYNN CRAWFORD. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Ingredients

Whipped Potatoes
- 1 kg (2 lb) russet potatoes, peeled and quartered
- 125 ml (1/2 cup) heavy (35 per cent) cream
- 125 ml (1/2 cup) milk
- 45 ml (3 tbsp) unsalted butter
- Salt and pepper, to taste

Mince and Tatties
- 15 ml (1 tbsp) vegetable oil
- 500 g (1 lb) lean ground beef
- 30 ml (2 tbsp) unsalted butter
- 250 ml (1 cup) finely chopped onions
- 50 ml (1/4 cup) all-purpose flour
- 750 ml (3 cups) beef stock
- 10 ml (2 tsp) Worcestershire sauce
- 250 ml (1 cup) diced carrots
- 250 ml (1 cup) frozen peas
- Salt and pepper, to taste
- 1 l (4 cups) hot Whipped Potatoes

Lunch. Grilled Cheese and Asparagus Rolls

The sharp cold-pack cheddar required for this recipe can be found alongside other packaged cheeses in the dairy section of the supermarket.

1. Preheat contact grill. (If your contact grill has more than one temperature setting, set it to high.)

2. Slice rolls in half and place, cut side down, on grill. With lid open, grill for 1 minute.

3. Evenly divide cheese, asparagus and red pepper among rolls to make 4 sandwiches. Sprinkle with pepper, if using.

4. Spread 2 ml (1/2 tsp) of butter on the outside of each roll. Be sure to butter both sides.

5. Place sandwiches on grill and close tightly. Grill for 2 to 3 minutes or until golden brown and crisp.

THE CANADIAN PRESS/ 125 BEST INDOOR GRILL RECIPES BY ILANA SIMON (ROBERT ROSE INC., ROBERTROSE.CA, 2013).

Ingredients

- 4 kaiser rolls
- 250 ml (1 cup) grated sharp cold-pack cheddar cheese
- 8 spears asparagus, trimmed and steamed
- 1/4 red bell pepper, thinly sliced
- Freshly ground black pepper (optional)
- 10 ml (2 tsp) butter, room temperature, divided

It's alright 'cause I'm saved by the benefits of having a diverse degree

Change of the chalkboard. How to stretch your teaching degree far beyond the desks and dictation

DANIEL MOORE
TalentEgg.ca

If handling a hoard of pupils isn't quite the job you'd imagined, there are plenty of other paths to pursue. ISTOCK

Even if you find a career path you love, it's always a good idea to be aware of industries and roles that match your skills and experience. This is particularly true of teaching, which some individuals explore and discover isn't for them — while others have trouble landing a teaching job in the first place.

How do you find a career outside the classroom when all of your education and work experience have taken place inside those four cozy walls? Also, how do you repurpose an education degree on paper to convince an employer that you're qualified to pursue a different calling?

Most of all, can you find a job that will rival the joy and passion you have for educating and inspiring young minds?

Yes. Here's how.

Discover your core values

Leaving a field for which you've spent years training is unnerving. It can lead to questioning long-cherished goals in both your personal and professional life.

This may sound a little horrible, and ridden with a whole new set of crises, but it's actually the best way forward.

Michelle Dunn, a career coach and former teacher, says that any major career shift needs to be preceded by a genuine reflection about one's core strengths and values. "The next thing that happens to pop up may not be the best thing," she cautions.

"When career coaching, we start with who the person is, what's important to them and their strengths. Getting really clear about those things will help you leverage your skills to turn to something else."

You've got the goods

"If you can maintain discipline and leadership in a classroom of 30 kids, you can definitely do that in an organization."

Michelle Dunn
Career coach and former teacher

Identify your transferrable skills

Identifying those skills can be difficult coming from a field defined so much by what seems like just one duty: teach stuff. But teachers employ a mass of skills getting a class of 14-year-olds ready to sit down and write an essay on Romeo and Juliet, urbanization or the electoral process.

Teachers research, transfer knowledge, manage diverse groups of individuals, learn new software, evaluate performance, participate in professional development activities, facilitate, work independently and exercise authority.

They also engage in public speaking, presenting complex topics to rowdy audiences!

When writing a cover letter or resumé, the trick, as always, is to disassociate the tasks from the setting. The setting will change, but the tasks essentially remain the same. As Michelle points out: "If you can maintain discipline and leadership in a classroom of 30 kids, you can definitely do that in an organization."

Consider the "helping professions"

Of course, the easiest transition occurs when your skills transfer so naturally it doesn't seem like a daunting change at all. For teachers, a natural transition is into what Michelle calls "helping professions": training, coaching or advising roles, either within the education sector, but outside the classroom, or in a department with a strong people-focused mandate, like human resources.

Michelle has led plenty of workshops for teachers moving into these fields. She says it's a natural transition since "they want to help people and see them reach their potential," and that's what they're already adept at.

In her own case, Michelle moved into career coaching after teaching abroad for four years and raising two children. It offered a way to build naturally on her interests in counseling and psychology — part of her B.A. work — and "still do what I loved and knew how to do."

Embrace entrepreneurism

Finally, there's a strong case to be made for the unknown — following that other passion and seeing where it leads. This may involve obtaining new credentials along the way, but it can also be done by drawing on the extraordinary work ethic and nerve honed in the classroom.

Contrary to the popular belief that says teachers can't cut it in the cruel world of business, Michelle argues that teachers are native entrepreneurs. They have intuition, drive, excellent people skills and loads of self-direction. These are the skills needed to start something new and develop it into a sustainable livelihood.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

A successful switch

Fifteen years ago, Cam McRae left an established teaching career in Vancouver to start an e-magazine for mountain biking in the North Shore area.

- It was a bold move for someone who didn't know much about creating websites or managing a business. But he had just returned from a year of teaching (and riding) in Italy, which gave him a new perspective on what he wanted to do for the rest of his life.
- His website, NSMB.com, now boasts a sizeable following and several heavyweight sponsors in the outdoor industry. He still holds on to his teaching credentials, just in case, but he doesn't regret his career move.
- His advice for current teachers considering a similar 180?: "It depends on your employment and family responsibilities. But generally my advice is to go for it; we regret more what we don't do than what we do. Also, the flexibility of teaching – summers, holidays — can allow you to start developing your new interest on the side at first. So take advantage of that."

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Getting a hold of your guru of professional greatness

Finding "the one".
Taking the first steps toward finding your perfect mentor

ROSIE HALES
TalentEgg.ca

Sometimes a boost can be just what you need to jump start your career and finding a mentor might be the way to do just that.

The mentor-mentee relationship is a precious one. The mentor can coach their mentee in their chosen field and open up a whole variety of opportunities to them, while the mentee keeps their teacher abreast of current feelings and developments of the age group in that industry.

After you've decided what you might look for in a mentor (think: someone you like who works in your field of interest and, as an added bonus, has a strong network within the industry), try to brainstorm where you could meet said person. Here are some to start you off:

Where to meet a mentor

Networking events

Signing up for networking events can be a really great way to meet potential mentors and it's a useful strategy to get your foot in the door of your industry of interest.

School

Universities or colleges often employ industry professionals to teach classes and making use of these connections to the outside world can provide you with a mentor that understands the culture of the classroom and of the workplace.

Social media

Do you have a blog or Twitter account that you love to follow? If someone is posting things that are both interesting and relevant to your chosen field, they probably have other information that they'd love to share with you!

What to do once you've met a potential mentor

Ask for advice, not mentorship

Hatch your relationship by asking your potential mentor for advice about something, instead of making the overly formal request of "Will you be my mentor?" With any luck, your relationship will blossom from there.

Stay in touch

Once you've met your mentor, hopefully you will have had the chance to get their contact details.

Send them an email saying how great it was to meet them and recall an interesting part of your conversation to signal to them that you were listening and you were engaged with what they were saying.

Ask them questions, but don't bombard them

A good mentor does want to help you, but don't take advantage of their good nature.

Chances are, they are very busy and don't have a whole lot of time to reply to inquiries. Don't ask them huge numbers of questions all at once and try to keep these questions as succinct as possible.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Asking someone to be your mentor may overwhelm them, as they won't know what that entails. Start with simply asking someone you respect for advice. ISTOCK

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Grey Cup champs take smooth ride down Green Mile

Roughriders defensive back Dwight Anderson lifts the Grey Cup for fans to see while on a balcony at the Saskatchewan Legislative building on Tuesday in Regina. The championship parade saw flatbed trucks carry players from Mosaic Stadium, through part of downtown Regina dubbed the "Green Mile", to the legislature. LIAM RICHARDS/THE CANADIAN PRESS

Wanted: Coach 'driven to succeed'

Blue Bombers. Walters' top priority over off-season is to find head coach

Quoted

"I guess just simple arithmetic suggests that with a ninth team in the league, that the players will be in higher demand."

GM Kyle Walters talking about the impact the new RedBlacks franchise will have on the Blue Bombers' rebuilding effort

General manager Kyle Walters knows what he wants to see in a new coach for the Winnipeg Blue Bombers.

"We need a leader, we need a strong personality, we need someone that the players are going to want to play for and be driven to succeed," he said Tuesday, as the Bombers made his appointment official.

Walters, who started the season as assistant general manager, has been doing the big job on an interim basis since the team fired former general manager Joe Mack mid-season.

The team also dumped head coach Tim Burke at the end of the 2013 campaign, after his first full season in a job vacated by the firing of Paul LaPolice mid-2012.

Burke left on good terms — he even received what sounded a lot like an invitation to apply for his old job as defensive co-ordinator — but after a 3-15 finish, his departure was no surprise.

"(His replacement) has to fit into the way we think," said Walters.

"I think it's imperative that management and the head coach are all on the same page so there's a unified message."

A few names have been bandied about, including former Winnipeg quarterback Khari Jones, but Walters refused to comment on any speculation.

A new coach may be top shelf but getting the team's scouting department operational, landing a new quarterback and improving Canadian content all rank high on Walters' list as well.

THE CANADIAN PRESS

NHL

Stars explode in third period to down Ducks

Cody Eakin, Stephane Robidas and Ryan Garbutt scored in a 53-second span of the third period, and the Dallas Stars beat the Pacific Division leading Anaheim Ducks 6-3 on Tuesday night for their first home win in more than month.

The Stars trailed 2-1 before the three-goal flurry against Jonas Hiller. Antoine Roussel scored twice for Dallas, and Alex Chiasson added an empty-net goal in the final minute.

Dan Ellis stopped 28 shots, winning for only the second time in seven games. THE ASSOCIATED PRESS

NBA

$48M from Lakers 'easy to accept,' Bryant says

Wearing his practice shorts and a sweatshirt, Kobe Bryant looked as if he was ready to return action.

After the Los Angeles Lakers signed the fourth-leading scorer in NBA history to a two-year, $48-million contract extension, Bryant said he can't wait to play.

"The Lakers came up with the structure — a system and a plan they thought was a win-win for everybody involved. From my perspective, it was very easy to accept it," Bryant said. THE ASSOCIATED PRESS

Kobe Bryant THE ASSOCIATED PRESS

Showing his stripes. QB wants to stay with Ticats

If Henry Burris has his way, he will be the starting quarterback to lead the Hamilton Tiger-Cats back to the Grey Cup next year.

Burris, 38, becomes a free agent in the off-season after two seasons with the Ticats. He says he wants to stay in Steeltown and play at the new Tim Hortons Field stadium that is planned to open next season.

"I want to be back here," he said. "We've had a great run. I still feel like I can get it done."

He showed he could still get it done this season, leading the league with 4,925 passing yards. He completed 373 of 567 pass attempts for 24 touchdowns and 19 interceptions.

Hamilton lost to Saskatchewan 45-23 in Sunday's Grey Cup. THE CANADIAN PRESS

MLB

New criticism of Selig added to A-Rod's lawsuit

Alex Rodriguez's lawyers updated his lawsuit against Major League Baseball and Bud Selig, adding new criticism of the commissioner for not testifying in the union's grievance to overturn the 211-game suspension given to the Yankees star. THE ASSOCIATED PRESS

Hall of Fame. Maddux headlines new hopefuls

Four-time Cy Young Award winner Greg Maddux, two-time winner Tom Glavine and two-time AL MVP Frank Thomas are among 19 newcomers on this year's Hall of Fame ballot, joining steroid-tainted holdovers Barry Bonds, Roger Clemens, Mark McGwire and Sammy Sosa.

Ballots are due by Dec. 31, and results will be announced Jan. 8. THE ASSOCIATED PRESS

Greg Maddux GETTY IMAGES FILE

Jets have uphill battle in Central

THE HOCKEY NEWS
Matt Larkin
winnipeg@metronews.ca

The Devils' Andy Greene checks the Jets' Matt Halischuk into Devils goaltender Martin Brodeur in Newark, N.J., on Monday. The Jets' win improved them to 5-1-1 against Eastern Conference teams this season, but they are 6-10-3 against the West and 3-9-2 in their own division. BILL KOSTROUN/THE ASSOCIATED PRESS

The Winnipeg Jets breathed several sighs of relief after Monday's 4-1 victory in New Jersey. Mark Scheifele scored for the first time in 24 (!) games, Evander Kane for the first time in 11 games and Devin Setoguchi for the first time in eight games. Jacob Trouba even returned after missing 17 games with a neck injury.

The Jets also likely breathed a sign of relief before the contest, when they saw New Jersey on the schedule — a.k.a. an Eastern Conference opponent. The win improved Winnipeg to 5-1-1 against the East this season. Subtract that mark from the 11-11-4 season record and Winnipeg is 6-10-3 against the Western Conference this season.

Remember when the Jets were thrilled to leave the Eastern Conference? We hockey writers didn't understand it. Was travel that big of a problem? Decades in the West didn't stop Detroit from winning Stanley Cups as an eastern-time-zone team. And the Jets were leaving the Southeast Division, the laughingstock of hockey, for the shark tank known as the new Central Division.

The Jets are 3-9-2 in their own division this season. Is it a shock to lose 11 of 14 when you share an abode with powerhouses St. Louis, Chicago and Colorado, plus solid Minnesota, and your "easy outs" are Nashville and Dallas? Turns out the increase in quality of competition trumps the decrease in travel time. Of the 14 Western Conference teams, 13 have winning records against the East this season.

If the Jets can't start winning more divisional games, they will back themselves into a corner and force themselves to win every Eastern Conference matchup possible to have any chance at making the playoffs. They've commenced what now looks like a crucial six-game eastern road trip versus opponents against whom they were 12-7-2 last season. After the win against the Devils, Winnipeg draws the Islanders, Flyers, Rangers, Panthers and Lightning.

Before the season started, The Hockey News drew a lot of flak from Winnipeggers for picking the Jets to finish last in the Central. As we explained our position on various radio shows, one of our prime reasons was always that leaving the Southeast would expose the Jets. And to borrow Dennis Green's famous football quote, "They were who we thought they were."

It's too early to declare this team an also-ran, but when you're overmatched against your own conference and, worse yet, your own division, you're hard-pressed to make the playoffs.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	24	16	6	2	68	46	34
Tampa Bay	24	15	8	1	72	61	31
Toronto	24	14	9	1	66	60	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	25	7	13	5	56	81	19
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

Tuesday's result
Anaheim at Dallas

Monday's results
Winnipeg 3 New Jersey 1
Boston 4 Pittsburgh 3 (OT)
Columbus 6 Toronto 0
Florida 3 Philadelphia 1
Tampa Bay 5 NY Rangers 0
Nashville 4 Phoenix 2
St. Louis 3 Minnesota 0
Chicago 5 Edmonton 1
Los Angeles 3 Vancouver 2 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	25	17	4	4	92	71	38
St. Louis	23	17	3	3	82	50	37
Colorado	22	17	5	0	69	45	34
Minnesota	25	15	6	4	64	58	34
Nashville	24	12	10	2	56	69	26
Winnipeg	26	11	11	4	69	76	26
Dallas	22	11	9	2	61	65	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	25	16	6	3	67	53	35
Phoenix	24	14	6	4	80	78	32
Vancouver	26	12	9	5	67	68	29
Calgary	23	8	11	4	64	84	20
Edmonton	25	7	16	2	65	89	16

Note: Two points for a win, one point for overtime loss.

Wednesday's games — All Times Eastern
Nashville at Columbus, 7 p.m.
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Washington, 7 p.m.
Montreal at Buffalo, 7 p.m.
Carolina at New Jersey, 7 p.m.
NY Rangers at Florida, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Boston at Detroit, 7:30 p.m.
Phoenix at Minnesota, 8 p.m.
St. Louis at Colorado, 9 p.m.
Chicago at Calgary, 10 p.m.
Los Angeles at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	13	18	31
Steen, StL	19	10	29
Zetterberg, Det	10	18	28
Ovechkin, Wash	20	7	27
Getzlaf, Ana	13	14	27
Tavares, NYI	10	17	27
Malkin, Phg	4	23	27
Kane, Chi	13	13	26
Perry, Ana	13	12	25
H. Sedin, Van	7	18	25
Little, Win	12	12	24
Toews, Chi	12	12	24
St. Louis, TBL	10	14	24
Karlsson, ott	7	17	24
Benn, Dal	7	17	24
Backstrom, Wash	5	19	24
Thornton, SJ	2	22	24
Stamkos, TBL	14	9	23
Seguin, Dal	12	11	23
Datsyuk, Det	12	11	23
Marleau, SJ	11	12	23
Couture, SJ	8	15	23
Kopitar, LA	7	16	23
Ryan, ott	11	11	22
Parise, Min	11	11	22
Kunitz, Phg	11	11	22

Not including last night's games

MLS

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	13	1	.929	—
Miami	11	3	.786	2
Atlanta	8	7	.533	5 1/2
Toronto	6	8	.429	7
Charlotte	7	8	.467	6 1/2
Chicago	6	7	.462	6 1/2
Detroit	6	8	.429	7
Washington	6	8	.429	7
Philadelphia	6	9	.400	7 1/2
Boston	6	10	.375	8
Orlando	5	9	.357	8
Cleveland	4	10	.286	9
Brooklyn	4	10	.286	9
New York	3	10	.231	9 1/2
Milwaukee	2	11	.154	10 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	13	1	.929	—
Portland	13	2	.867	1/2
Oklahoma City	9	3	.750	3
L.A. Clippers	10	5	.667	3 1/2
Houston	10	5	.667	3 1/2
Golden State	9	6	.600	4 1/2
Dallas	9	6	.600	4 1/2
Denver	7	6	.538	5 1/2
Memphis	7	7	.500	6
Minnesota	8	8	.500	6
Phoenix	7	7	.500	6
L.A. Lakers	7	8	.467	6 1/2
New Orleans	6	8	.429	7
Sacramento	4	9	.308	8 1/2
Utah	2	14	.125	12

Tuesday's results
Washington 116 L.A. Lakers 111
Brooklyn 102 Toronto 100
Orlando 109 Atlanta 92
Golden State 102 New Orleans 101

Wednesday's games — All Times Eastern
Indiana at Charlotte, 7 p.m.
Philadelphia at Orlando, 7 p.m.
Memphis at Boston, 7:30 p.m.
L.A. Lakers at Brooklyn, 7:30 p.m.
Miami at Cleveland, 7:30 p.m.
Chicago at Detroit, 7:30 p.m.
Atlanta at Houston, 8 p.m.
Washington at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Denver at Minnesota, 8 p.m.
Golden State at Dallas, 8:30 p.m.
Portland at Phoenix, 9 p.m.
New York at L.A. Clippers, 10:30 p.m.

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WINTER CAR CARE

Wednesday, November 27, 2013

Unlike all-season tires, winter tires are specifically designed to perform best in low temperatures. A general rule of thumb is once the temperature drops below 7 C you should switch to winter rubber from all-season. KURHAN/SHUTTERSTOCK

Don't let winter's worst sidetrack you

When it comes to vehicles and driving, the cold weather can wreak havoc, especially if you aren't prepared for it.

As a result, it's a good idea to take a look at our vehicle and ensure that it's in tip-top condition to tackle winter's worst. A good approach is to make a checklist of what needs to be done.

1 Winter tires. Unlike all-seasons, winter tires are specifically designed to perform best in low temperatures. A general rule of thumb is once the temperature drops below 7 C you should switch to winter rubber from all-season. Another tip is to mount them on a set of steel winter rims. Not only will this protect your original factory rims, it saves time when changing over your tires, saves money (since you won't have to have the tires mounted and removed from the rims each time) and prevents the beads on the tires from being stretched or damaged.

2 Brakes. Inspect the brakes when changing to winter tires and replace the pads, rotors and or shoes. It's also a good idea to bleed the brake system every two years to prevent moisture buildup, which causes internal corrosion, results in a spongy pedal feel, increases braking distances and places additional strain on the system.

3 Fluids. Checking your fluids and replacing them is vital to ensure maximum reliability and longevity. Colder temperatures bring higher demands on your vehicle's powertrain, so make a conscious effort to inspect and change your oil, transmission fluid, power steering fluid, anti-freeze and differential oil. For antifreeze, make sure you use a 50/50 mix of water and ethylene glycol.

4 Belts and hoses. If the vehicle was bought used and you don't know when the last time they were replaced, you should change them anyway — it's cheap insurance. If your vehicle has one, it's also a good idea to have the timing belt replaced, especially if the car is more than five years old and has been driven more than 150,000 kilometres.

5 Battery test. There is nothing worse than being stranded on the side of the road in winter with a dead battery, so make testing yours part of the pre-winter inspection.

6 Underneath inspection. It's a good idea to inspect the underside of your vehicle for signs of corrosion on the floor plans, chassis rails, suspension attachment points and the fuel and brake lines.

7 Rustproofing. An annual application, best performed each spring, will add years to the life of your car and improve its resale value.

8 Additional considerations. Check to see that the vehicle's exterior lighting system is in good working order, while installing fresh wiper blades will help improve visibility. Also, try to have at least one full jug of winter washer fluid in the vehicle at all times. And put together an emergency kit that includes a shovel, flashlight, blankets, dry food, fluid to drink, a winter jacket, boots, hat gloves and scarf. METRO NEWS SERVICES

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Cut down on the slipping, sliding

Tires. Studies show winter tires aid in stopping and handling while driving in snow and on ice

Having a safe winter is a great reason to equip your car with the best winter tires available. BLAZ KURE/SHUTTERSTOCK

There is nothing more beautiful than a highway lined with autumn colours. They take one's breath away.

But just as soon as they appear, they are gone and the sub-zero temperatures snap back to take one's breath away.

According to a recent Canadian Tire survey, a majority of drivers in the Prairies, Ontario, and British Columbia choose not to install winter tires, mistakenly believing that all-season tires offer adequate safety.

The evidence says otherwise. In winter condition tests, Transport Canada and the Rubber Association of Canada found that stopping was 30 to 40 per cent longer with all-season tires compared to winter tires. In cornering, vehicles with all-season tires went off the testing track at speeds of only 40 to 50 km/h, while vehicles equipped with winter tires had no problem. The results were consistent with front-, rear- and all-wheel vehicles.

The experts from Desjardins Insurance agree that winter tires are designed to save lives.

"What's interesting is that many people who live in snow belt regions across the country recognize the need for them," said Desjardins spokesperson Joe Daly. "But some drivers in urban regions don't see the need to switch. The fact is we've all experienced those icy mornings when you're rushing to work or school and the salt trucks just haven't made it to your neighbourhood yet. These conditions are much more dangerous than just plain snow and having the right tires can keep everyone safe."

The reason why these tires are the most effective at preventing accidents is because they have deeper, specially-designed treads and are made of innovative rubber compounds that are softer and more pliant. This allows them to perform better on ice, snow and slush, but also in both dry and wet conditions when the temperature dips below 7 C.

Daly also suggests that it's important to keep an eye on your tires' air pressure.

"Overnight temperatures can drop from 5 C to –15 C and this rapid reduction can zap the air out of you tires by as much as four psi. An under-inflated tire can be quite dangerous, so it's important to keep tracking your tire pressure." NEWS CANADA

Have your car serviced to ensure that fluids are changed and topped up before the winter arrives. DMITRY KALINOVSKY/COLOURBOX

Tips. Ensure a safe driving season

Canadian winters can be harsh, cold and unpredictable. This is why many drivers become stressed or worried when it's time to get behind the wheel during the snowy, slippery months.

A recent survey conducted by the Canadian Automobile Association revealed that only 36 per cent of drivers carry a winter driving kit in their vehicle. This means that many of us aren't adequately prepared to deal with Jack Frost.

"The holidays are a busy time of year," said Dominic Porporino, the vice-president of operations at UPS Canada. "To ensure the season is also a safe one, it's important that drivers keep road safety top of mind and prepare themselves for winter driving."

As part of UPS's commitment to road safety, the company has created a special distinction for an elite group of drivers — each with more than 25 years of accident-free driving — called the Circle of Honor. Globally, this group has driven more than 8.5 billion kilometres, enough to circle the globe 212,000 times.

To keep drivers safe this winter, the Circle of Honor members offer these tips:

Get your car winter-ready in the fall — Prepare for a rough winter ahead of time. Have your car serviced to ensure that fluids are changed and topped up and that brakes are in proper working condition.

Purchase snow tires — Studies show that, compared to regular tires, snow tires can dramatically improve your ability to effectively navigate your car through heavy snow and ice.

Pack an emergency kit — If you end up stuck in a snow bank or otherwise run into trouble this winter, it's important to have an emergency kit within arm's reach. Pack a winterized blanket, flares, first aid kit, wind-up flashlight, whistle, water and non-perishable food such as granola bars or crackers.

Charge your cellphone — In case your vehicle gets stuck or your car battery dies, you want to have a cellphone to call for assistance. Make sure your cellphone is fully charged before getting behind the wheel. NEWS CANADA

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2014 BMW 4-Series

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Review. Sometimes you need to break away to really come into your own

MALCOLM GUNN
wheelbasemedia.com

It's a breakup of a different sort.

BMW's newest two-door model has separated from its former 3 Series sedan counterpart, changed its name, undergone a major facelift and emerged as one of the more attractive models in the automaker's lineup.

The 4 Series represents part of BMW's master strategy of re-branding the coupe and convertible lineup using even-number nomenclature exclusively (2, 4 and 6), while the sedan range sticks with odd numbers (3, 5 and 7).

For the 2015 model year the current 1 Series vehicles will be rebooted as 2 Series coupes and convertibles. The newly christened 4 Series appears to have strayed only slightly from the previous 3 Series, but is a bit wider and longer.

The changes that have occurred in the 4-Series lower the car's centre of gravity and, along with a number of structural and suspension adjustments specific to it, are aimed at providing a more sporting experience along with creating a sharper personal-luxury image.

Don't look for any dramatic changes when it comes to the 4 Series powertrains that are already in use in a number of BMWs. The 428i uses a turbocharged 2.0-litre four-cylinder engine that cranks out 241 horsepower and 260 pound-feet of torque.

Moving up to the 435i puts you in control of a 3.0-litre six-cylinder engine that generates 300 horsepower and 300 pound-feet of torque. By BMW's stopwatch, the 428i will propel the coupe to 60 mph in 6.0 seconds, while the stronger 435i gets it done in 5.3 seconds. To help conserve fuel, there's a standard stop/start function that shuts off the engine when the car is stopped, which of course saves fuel.

An eight-speed automatic is the base choice with either engine, but you can swap it out for a six-speed manual gearbox, should you be so inclined. You can also equip each edition with BMW's x-Drive all-wheel-drive option that's probably a wise move in this country where winter is a fact of life.

From the driver and front passenger's perspective there's little to differentiate the 4 Series Coupe from its former sedan mate. The controls and switches are legible to a fault and convey a keen sense of quality.

Both front and rear-seat riders (there's room for just two in the split-folding back seat) sit on standard Sensatec (faux leather) upholstery and have ample views out the generously sized front and side windows. That's in sharp contrast to cars such as the Audi TT coupe.

Selecting a base 428i will set you back $47,000 ($57,000 for the 435i) and includes premium items such as climate control with memory settings, power moonroof, eight-way power front seats, rain-sensing wipers and run-flat tires, which gets rid of a traditional spare.

However, that's just the warm-up. Each model can be upgraded with Luxury Line, Sport Line and M Sport trims, with the latter including an aerodynamic body kit, sporty 18-inch wheels (17-inchers are standard) and well-bolstered sport seats covered in premium leather.

Historically, BMW purchasers have had no problem adding these and other extra-cost toppings (even selecting metallic paint is optional) and that will likely hold true with the sleek and sassy 4 Series coupe and soon-to-follow hardtop convertible. After all, combining significant luxury, performance and style is what really makes sets these cars and their owners apart.

2014 BMW 4-Series

- **Type.** Two-door, rear- /all-wheel-drive four-passenger coupe
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (241); 3.0-litre DOHC I6, turbocharged (300)
- **Transmissions.** Eight-speed automatic; six-speed manual (opt.)
- **Base price (incl. destination).** $47,000

Design

Compared to the 3 Series sedan, the roofline is lower by about five centimetres and the ride height has been reduced by about 1.5 centimetres. The fenders also bulge more than the sedan's, and the space between the front and rear axles has increased a bit

Optional add-ons

Following those choices there are a number of available packages that feature items such as a navigation, sport suspension, heated front seats and steering wheel, automatic high beams, rearview camera and a head-up display that projects speed, fuel and direction info onto the windshield.

The interior is colour co-ordinated, futuristic and aesthetically pleasing.

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1 Audi A5
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2 Cadillac CTS coupe
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3 Mercedes-Benz C-class
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Horoscopes

♈ Aries
March 21 - April 20
Your critical thinking may not be as sharp as it usually is, so be careful what you allow yourself to believe. There are a lot of strange ideas in the world. You also started a few.

♉ Taurus
April 21 - May 21
Quick decisions are not always good and the planets warn that you should reserve judgment on important issues unless you are absolutely sure of your stance. Even then, err on the side of caution.

♊ Gemini
May 22 - June 21
Stop worrying about things over which you have no control. As the Sun moves through your opposite sign, there are a lot of things others say and do that you cannot influence. It's no big deal.

♋ Cancer
June 22 - July 23
You could find yourself at a loose end today, uncertain of your next move. Who says you have to move at all? Why not let life come to you for a change. You don't have to be a go-getter all the time.

♌ Leo
July 24 - Aug. 23
It may be tempting to take a risk today but the planets warn you will most likely regret it. There is only one thing you can be sure of at the moment and that is you cannot really be sure of anything.

♍ Virgo
Aug. 24 - Sept. 23
If you are smart, you will fight the impulse to take a shortcut. If you try to cut corners, you will be asking for trouble and trouble is not the kind of guest to turn down an invitation.

♎ Libra
Sept. 24 - Oct. 23
You need realize that some kind of scheme is not in the least bit practical. It may be a blow to your ego but there are other useful things you could be doing with your time.

♏ Scorpio
Oct. 24 - Nov. 22
If you poke your nose into a friend's personal issues you will get no thanks for it at all, no matter how well-intentioned or useful your advice may be. Some people need to learn from their own mistakes.

♐ Sagittarius
Nov. 23 - Dec. 21
There are changes taking place in your life and almost all of them are good, so go with the flow and don't be scared to move in a direction you have not been before.

♑ Capricorn
Dec. 22 - Jan. 20
There are so many interesting things going on in the world around you that you won't be able to focus on one thing for any length of time. That's OK. Variety is needed to get your creative juices flowing.

♒ Aquarius
Jan. 21 - Feb. 19
Nothing in life stays the same for long so if something (or someone) goes out of your life over the next 24 hours, bid it a fond farewell and start looking for something better to replace it.

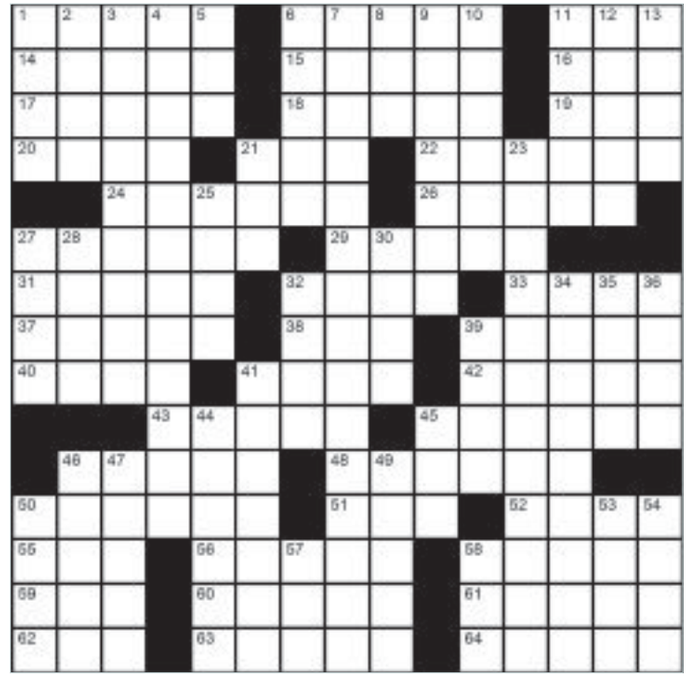
♓ Pisces
Feb. 20 - March 20
Work-related matters must be handled with care, especially if you are one of those Pisceans who tends to be a bit reckless in your attitude towards people in positions of power.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

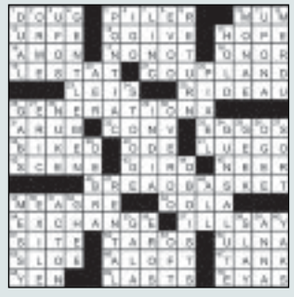
BY KELLY ANN BUCHANAN



Across
1. Posh title
6. Much, slangy-ly
11. Hat
14. Trees: White poplar
15. Off-Broadway theatrical awards
16. Have payments
17. Bungle
18. Prescription warning, __ __ directed
19. Campaigned
20. Paving stone
21. Perish
22. Newfoundland's official bird, Atlantic __
24. Way out there
26. "Indoors __ __?" (Summer eater's query)
27. Drenched: 2 wds.
29. Ballotings
31. Ms. Rimes
32. Siestas
33. Fasten to the bulletin board
37. Do the tango
38. Mel of baseball
39. Capital of India, New __
40. Mr. Hershiser
41. "Je ne __ quoi."
42. Remixer/producer, William __
43. Prefix to 'dontist' (Braces giver)
45. Horrified
46. __-_ _ _ agent (Former employee at The Company)
48. Famous casino in Las Vegas, Golden __
50. Country star Dwight
51. CSI evidence
52. Saran __
55. Keyboard key
56. Country classic: "By the __ _ Get to Phoenix"
58. LED = Light-Emitting __
59. Plum part
60. Put on __ __ (Fake it)
61. __ __ in the air (That's still uncertain)
62. Ski hill machine, __-Cat
63. Big bags
64. Sailing: 2 wds.

Down
1. Chef Emeril Lagasse's sounds!
2. Classic comic strip, __ the Agent
3. Dermatology: Type of injectable filler
4. Functional landmark in Halifax since 1803: 3 wds.
5. Modern
6. 1963 The Kingsmen hit, when doubled
7. Calgary Tower's dazzling rotating feature: 2 wds.
8. Fasten
9. Some spouts spots
10. Guarantee
11. 1921: Greek island where Prince Philip was born
12. Expect
13. Sean of movies
21. Banned pesticide
23. Canadian hockey play-by-play broadcasting legend, b.1902 - d.1985: 2 wds.
25. Reality star Ms. Leakes
27. Canadian shoe store
28. Shakespeare tragedy, King __
30. Selects
32. Mr. Wyle
34. Seabird
35. Vitalities
36. "Knight Rider" car
39. Actor/rapper, Snoop __
41. Endurance
44. Lariats
45. Title in Turkey
46. Reddish-rose dye
47. _-__ knife
49. Segments
50. Slangy positives
53. _ __ (Together, in music)
54. "Shoop" by Salt-n-__
57. Fleetwood __
58. Wee width

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1						2	
		5				4		
8	7		9	6	4		1	5
	2		4		8		3	
5								4
	4		6		7		8	
6	8		1	9	3		5	7
		7				9		
	9						4	

Yesterday's Sudoku

8	2	5	1	9	3	7	4	6
4	3	1	5	6	7	2	9	8
6	7	9	8	2	4	5	1	3
7	5	4	2	3	8	9	6	1
2	1	8	9	5	6	3	7	4
9	6	3	4	7	1	8	2	5
1	4	7	3	8	2	6	5	9
5	8	2	6	1	9	4	3	7
3	9	6	7	4	5	1	8	2

Weather

TODAY	THURSDAY	FRIDAY
MAX: -10° MIN: -13°	MAX: -10° MIN: -13°	MAX: -9° MIN: -9°

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Limited model shown

2013 SANTA FE 2.0T LIMITED AWD

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Limited model shown

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7 PASSENGER SEATING

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HWY: 7.2L/100 KM
CITY: 10.0L/100 KM▼

Limited model shown

2014 TUCSON

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5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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